

SCOOPS

Providing the latest dish on Child Nutrition News and Information

Volume 1, May 2004



"Scoops"

is published quarterly
2005 North Central Avenue
Phoenix, Arizona
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ade.az.gov/health-safety/cnp/

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From the Program Directors Desk

Schools almost out and summer will be here before we know it. If your local community does not have a Summer Feeding Program, the process to start one up has been simplified over the past couple of years. In fact, if you already operate a school lunch program, it can be Seamless. There are still a few workshops left this spring to learn more about USDA's Summer Food Seamless Waiver Program, and the original Traditional Summer Food Program. The deadline to apply for a summer feeding program was April 15, 2004, but we will continue to accept applications up to June 1st. Don't hesitate; call a SFSP today for details. For more exciting updates on Summer Food see page two.

For those of you that are thinking past the summer to next school year, don't forget there will be one additional item on your CNP Web online application checklist: **2005 - 2009 Food Service Agreement**. Your current 2001- 2004 program agreement with ADE will expire on June 30, 2004. Renewal packets were sent certified mail to all school food authorities this past March. Be sure to have **two original copies** signed by your governing board and returned to ADE two weeks prior to serving meals for the 2004-2005 school year. For more information on renewing your 2005-2009 contract with ADE, visit our website listing of ADE numbered memorandums and click on **CN #17-04**: <http://www.ade.az.gov/health-safety/cnp/nsfp/Memos03-04/>

When you sign on to our Direct Certification online system next year, you will see some new features there as well. This past year, a Direct Certification Task Force was convened to recommend system and policy enhancements to ADE. The school nutrition technology and program staff has been working diligently to improve the system and user guidance. To help sponsors use the system we will be offering computer-based trainings at the start of the 2004-2005 school year. For more information on these upcoming training's and next year's training schedule please visit our Website <http://www.ade.az.gov/health-safety/cnp/nsfp/NSLPseminars.asp>

The school nutrition program staff will be busy this summer updating two of the most widely used resources for the School Nutrition Programs, the **Free and Reduced Priced Policy Manual** and the **Child Nutrition Programs Guidance Manual**. Sponsors can expect to see new copies of these manuals delivered to their doorsteps before July 1, 2004.

As we close out the 2003-04 school year we wish to thank you for your continued commitment and passion to the health and nutritional needs of Arizona's school children. Enjoy your summer and get ready to come back recharged and energized for a new year packed with exciting new trainings, workshops and most importantly, hungry children.

Sincerely,

Holly Mohr
Program Director, School Health and Nutrition

Grant Opportunities Available for SFSP!

For more information, please refer
to the following links:

www.greatamericanbakesale.com

http://www.frac.org/html/federal_food_programs/programs/sfspRuralGrants.htm

Splash into Summer Outreach Day- A Success!



The Arizona Department of Education's "Splash into Summer Outreach Day" was a huge success! We would like to thank Heidi Camorongan- *West Contra Costa Unified School District*, Debbie Harris- *Altamonte Valley School District*, Charlene Story- *Yuma Union High School District*, Kristin Soulsby- *Madison School District*, and all of the participants for sharing their very successful and inspiring summer food ideas with each other. The half-day training sparked many innovative outreach ideas and is sure to help all sponsors increase participation in their programs. Good luck to all of the Summer Food Service Program sponsors as they head into the summer!



Debbie Harris, Kristin Soulsby,
Charlene Story



Working Hard



HEALTHY ENVIRONMENTS SWEEP ACROSS ARIZONA

The Department of Education is involved in the state team of Action for Healthy Kids (AFHK) and has been awarded a competitive USDA grant to evaluate 8 schools that will implement the healthy school environment model this fall. Pilot schools will receive a mini-grant of five to ten thousand dollars for their participation. Each school has unique and exciting plans for the Team Nutrition grant funds to implement the healthy school environment model. The recipients have shared the following ideas:

Harriet Johnson- is planning to introduce a variety of fruits and vegetables to Pre-K through second graders that would not otherwise be introduced to this audience. Classroom lessons about the fruits and vegetables will be followed by 'taste testing' in the cafeteria. The staff and are planning on incorporating a nutrition and physical activity curriculum into their existing lesson plans.

Bouse Elementary- would like to incorporate more physical activity into the student's daily schedules and have desires to implement a new nutrition and physical activity curriculum. They are also planning on changing out existing vending machines that offer soda with a water or juice machine. The staff and students are looking to make big changes, with not only a new building to move to next fall, but also a healthy school environment as well!

Monte Vista Elementary- hopes to improve the food choices that the students have at their school store without any financial impact. Additionally, the principal plans to incorporate comprehensive nutrition curriculum into the classrooms and link it to what is being served in the cafeteria. The school nurse has taken on a school gardening project that allows students to help plant, water and observe a variety of plants and flowers as they grow.

Stanfield Elementary- would like to improve the food choices for the students at Stanfield during their lunch and breakfast meals. They have also considered starting breakfast in the classroom to help improve their breakfast participation. The staff has also discussed a health fair for the students and community of Stanfield to help kickoff this project.

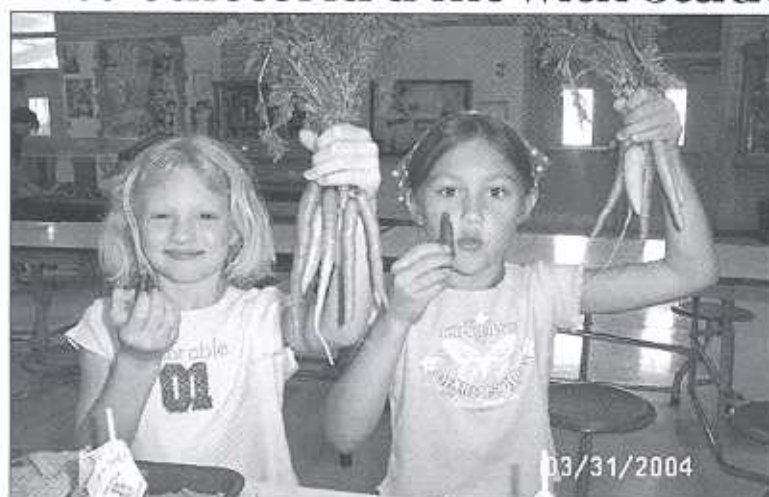
Mountain Trail Middle School- has a group of dynamic teachers who are using this grant as an opportunity to create a whole new curriculum with a nutrition flare. These teachers are developing lesson plans that incorporate nutrition and physical activity with math, English, life science, culinary arts and physical education classes. To help with this project, the school store run by the PTSA is planning to make changes to their foods offered during the school day. Along with the school store, the dynamic menu in the cafeteria will reflect what the teachers will be instilling in their students during their classroom learning.

Madison Park Middle School- staff would like to start a Breakfast in the classroom program as well as develop their own school motto and trademark for healthy school meals. The current vending machines will be slightly modified to increase the amount of healthy choices and the administration is also considering incorporating a nutrition curriculum into their current courses.

Catalina Magnet High School- students will be able to partake in a new breakfast program that will offer a 'new' alternative to the typical breakfast of cereal and milk. A student advisory committee will provide input in a la cart offerings. In the classroom, plans are under way to introduce a comprehensive nutrition curriculum for all subject areas using everyday nutrition information to learn math, science and English.

Vista Alternative High School- is not only ready to implement this healthy school environment model, but also they are planning on adding an entire new class to motivate their students to adopt a healthy lifestyle! The school doesn't have a Physical Education class, nor the equipment to provide one. So, with a little creativity, the principal has contacted a local gym where the students can exercise 3 times a week with a PE instructor. On the other two days, the students will learn about health and nutrition and how to apply it to their everyday lives. Additionally, the cafeteria will provide healthy foods so the students can put what they learn about making healthy choices into practice.

Farm to Cafeteria a hit with Students



Litchfield school district students really enjoy their multicolored farm fresh carrots.

David Schwake, Food Service Director with the Litchfield School district has found a novice approach to get students excited about their fruits and vegetables. His district has teamed up with local farmers to bring farm fresh produce directly to the lunchroom. Multicolored carrots and baby spinach are just a few of the favorites one sees disappearing off the serving line in record numbers.

Farm to cafeteria programs are beneficial not only to the health of students due to the access to fresh produce, but also, this program may help increase participation and support the local community. Surprisingly, the cost associated with utilizing locally produced foods is often comparable to the usual distributors. In 1998-99, the Santa Monica-Malibu Unified School District served a "Farmers Market Salad Bar" that cost only \$.77 to produce. This was a significant finding considering the hot meal option cost \$.88.



The Washington State Department of Agriculture (WSDA) has put together a terrific resource for anyone interested in exploring this innovative and popular approach to food service. The entire publication may be downloaded from the WSDA website at: <http://agr.wa.gov/Marketing/SmallFarm/102-FarmToCafeteriaConnections-Web.pdf>. David Schwake is also a local connection willing to share his success with this exciting program. You may e-mail David at: schwake.d@lesd.k12.az.us

Calendar of Events

Date	Health & Nutrition Services Trainings	Location	Time
May 11, 2004	Traditional SFSP Program	Phoenix	9:00 -4:00
May 12, 2004	Seamless Waiver SFSP Program	Phoenix	9:00 -12:00
July 22, 2004	Direct Certification Web Based Training	Tucson	9:00-12:00
July 23, 2004	Direct Certification Web Based Training	Phoenix	9:00-12:00
July 29, 2004	Business Basics	Phoenix	8:30-5:00
July 30, 2004	Food Distribution	Phoenix	8:30-12:00
July 30, 2004	Nutrition Basics	Phoenix	8:30-4:30
Register on line for all ADE Classes at: http://www.ade.az.gov/online/registration			
Date	Professional Conferences to Bookmark	Location	
June 16-18, 2004	Arizona Dietetic Association Food and Nutrition Conference	Phoenix (www.eatrightarizona.org/index.cfm)	
June 21-26, 2004	13 th Annual Summer Seminar on Nutrition and Technology	Central Arizona College (www.centralaz.edu/dep)	
July 21-24, 2004	Arizona Association of School Business Officials Conference	Tucson (www.aasbo.org)	
July 22-24, 2004	Arizona School Board Association Summer Leadership Institute	Flagstaff (www.azsba.org)	
July 25-28, 2004	American School Food Service Association Annual National Conference	Indianapolis, Indiana (www.asfsa.org)	
July 30, 2004	Arizona School Administrators New Superintendents Symposium	Phoenix (www.azsa.org)	

Tools to Improve Food Safety



Additional tools to assist in the training and educating of your staff on the issues of food safety have arrived.

The National Food Service Management Institute (NFSMI) has developed a videotape titled "Safety First: Tools to Provide Safe Schools Lunches to Our Children". The videotape is a panel discussion on irradiated beef in the Child Nutrition Programs. The Food Distribution Program has obtained a limited number of these tapes to loan them to interested schools at no charge. The videotape is in the form of a VHS tape. If you are interested, please contact Food Distribution to obtain this training tape. When your training is complete, we ask that you return the tape so other schools may benefit from this information.

In addition, the NSFMI has offered funding for Food Safety Education/HACCP Training to state agencies. NFSMI conducts these trainings to state personnel. To date, forty-eight state agencies have participated in the Instructor Orientation for HACCP and 20 states have requested funding and/or materials to support their local training. The Arizona Department of Education will begin the process of training Program Specialists in HACCP. It is our goal, that once the specialists are trained, by school year 2006, ADE will begin instructing the field in HACCP as well as Serving It Safe.

Finally, the USDA will begin a pilot project on the hold and recall procedures states currently utilize. The pilot is a "rapid recall system" that will instantly notify schools by e-mail when a recall has been issued by the USDA. Arizona will be one of three states participating in this pilot. USDA will be working closely with Arizona to develop the system to improve the recall process.



Hip Hip Horray ...for the NSLP!

A study in Texas provides more research-based support for your national school lunch program (NSLP) and the work you do every day! This report comes from a two-year study conducted in a southeast Texas school district (1998-1999 and 1999-2000 school year). Two groups were analyzed during this study. Group 1 had fourth graders with access to NSLP meals only for year one, and in year two, they transitioned to fifth grade (middle school) where they had access to both NSLP meals and snack bar food. Group 2 had middle school students with access to both NSLP meals and snack bar food for both years. The results are as follows:



<u>Group 1</u> Year 1: NSLP Only Year 2: NSLP & Snack Bar	<u>Group 2</u> Year 1 & 2: NSLP & Snack Bar
Students who ate NSLP meals were twice as likely to report eating vegetables and fruit.	Students who did not eat NSLP meals were 3 times more likely to report sugar consumption.
Students gaining access to snack bar food in year 2 showed a decrease in fruit (↓ 33%), regular vegetables (↓ 42%), and milk (↓ 35%) intake.	About 35-40% of students reported eating meals only from the snack bar for the two-year study period.
Students showed a 68% increase in high-fat vegetables and a 62% increase in sweetened beverages when they were given access to snack bar food in year 2.	Students exposed to a snack bar in both years still showed an increase in high fat vegetables.
	Fruit consumption remained low in year 1 and year 2.

Therefore, students in an environment where only NSLP meals are available have the best dietary habits. The next time you need data to support the benefits of your NSLP, use the results of this study!

Article: Cullen KW and Zakeri I. Fruits, vegetables, milk, and sweetened beverages consumption and access to a la carte/snack bar meals at school. *Am J of Public Health.* March 2004;463-467.

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